VALLEY VIEW HOSPITAL
*Where caring makes the difference*

May 7, 1991

Walter Young, Program Director
ASSIST Project
c/o Colorado Department of Health
Division of Prevention Program
4210 E. 11th Avenue
Denver, CO 80220-3716

Dear Mr. Young:

I am very excited about the ASSIST project. Colorado is a great state to quit smoking in. I have spoken to many people who have quit smoking who felt that Colorado, with its healthy robust image, was a factor in their choice for a healthier lifestyle.

I have been involved with smoking cessation for the last six years both as a respiratory therapist at Valley View Hospital and as a facilitator for the American Cancer Society's Fresh Start Program. The Fresh Start Program, at Valley View, is the only on-going smoking cessation program in this area. We provide this support four times a year to a large rural community. Through this exposure I have developed a great deal of empathy for the many people I have met who struggle with their addiction to nicotine. Many of these people have been successful with their cessation to date. However, many of these people have relapsed along the way with additional feelings of failure and a perception of hopelessness. Most smokers would like to quit smoking but lack the skills and strategies for success.

In Glenwood Springs we are fortunate to have a community which supports health and a progressive hospital which is active in disease prevention. Recently Valley View became a smoke-free facility. In conjunction with this policy we have added a bedside smoking cessation program for a one-on-one approach to quitting. This has allowed many patients to take advantage of their hospitalization and quit smoking.

Smoking cessation represents a challenge to both the smoker, trying to quit, and the cessation facilitator. It is a field that has enjoyed much interest and research, but also a field where much more work needs to be done.

Sincerely,

Claudia Piccione

Claudia Piccione, RRT

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1906 BLAKE AVENUE · GLENWOOD SPRINGS, COLORADO 81601 · (303) 945-6535

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